

## DISTRICT 2-C TRACK AND FIELD SCHEDULE OF EVENTS

May 7, 2024 @ the Lambert Sports Complex

\*\*Complex opens/HS Girls PV warm-up @ 8am - Coach's meeting & scratch session @ 8:45a

All running shall be run in this order and separate: ElemG, ElemB, JHG, JHB, HSG, HSB

### TRACK EVENTS:

### FIELD EVENTS:

<u>9:45 am</u>	100 M Hurdles	ElG/B, JHG/B, HSG	<u>9:00 am</u>	PoleVault- Triple Jump	HSG-HSB
	110 M Hurdles	HS Boys	<u>10:00 am</u>	HighJump-Discus	ElG-ElB
				LongJump-ShotPut	JHG-JHB
<u>10:15 am</u>	100 M Dash			Javelin	HSG
			<u>11:15</u>	Discus - HighJump	ElG -ELB
<u>11:00 am</u>	1600 M Run	JH Girls-Boys		LongJump-PoleVault	JHB- JHG
	1600 M Run	HS Girls- Boys		ShotPut -Javelin	HSG- HSB
<u>12:00</u>	50 M Dash	El Girls-Boys	<u>12:15</u>	**PV warmups-HSB	
<u>12:30</u>	400 M Relay		<u>12:30</u>	LongJump	ElG
				TripleJump-Discus	HSG-HSB
	<b>Unified 100 M</b>				
	<b>Lunch Break</b>				
<u>1:15</u>	200 M Hurdles	JH Girls-Boys	<u>1:15</u>	LongJump	ElB
	300 M Hurdles	HS Girls-Boys		HighJump	JHB
				Discus-PoleVault	HSG-HSB
<u>1:45</u>	800 M Run			ShotPut	HSB
			<u>2:30</u>	ShotPut	ElB
<u>2:15</u>	200 M Dash			TripleJump-Discus	JHG - JHB
				HighJump-LongJump	HSG - HSB
<u>3:00</u>	3200 M Run	HS Girls - Boys			
			<u>3:15</u>	ShotPut	ElG
<u>3:45</u>	800 M Medley	Elem/JH Girls-Boys		PoleVault-Discus	JHB-JHG
	1600 M Relay	HS Girls-Boys		TripleJump	JHB
				LongJump-HighJump	HSG-HSB

## Field Events/Times/Locations

**9:00**

**Pole Vault-HSG**  
**Triple Jump-HSB (south)**

**10:00**

**High Jump-ElG**  
**Discus-EIB (north)**  
**Long Jump-JHG (north)**  
**Shot Put-JHB (west)**  
**Javelin-HSG**

**11:15**

**Discus-ElG (south)**  
**High Jump-EIB**  
**Long Jump-JHB**  
**Pole Vault-JHG**  
**Shot Put-HSG (east)**  
**Javelin-HSB**

**12:30**

**High Jump-JHG**  
**Shot Put-JHG (West)**  
**Triple Jump-HSG (south)**  
**Discus-HSB (north)**  
**Long Jump-ElG (north)**

**1:15**

**Long Jump-EIB (north)**  
**High Jump-JHB**  
**Discus-HSG (south)**  
**Pole Vault (HSB)**  
**Shot Put-HSB (west)**

**2:30**

**Shot Put-EIB (east)**  
**Triple Jump-JHG (south)**  
**Discus-JHB (north)**  
**High Jump-HSG**  
**Long Jump-HSB (north)**

**3:15**

**Shot Put-ElG (west)**  
**Pole Vault-JHB**  
**Discus-JHG (south)**  
**Triple Jump-JHB (south)**  
**Long Jump-HSG (north)**  
**High Jump-HSB**